Tab 1

<u>Effective Learning Workshop</u>

Session 1: Foundations of Learning (60 minutes)

0-10 min	Primer: Mini-Primer and Introductions
10-20 min	Theory: Learning Process and Inquiry-Based Questions
20-30 min	Activity: Generating Guiding Questions
40-50 min	Theory: Kolb's Experiential Learning Cycle
50-60 min	Activity: Kolb's Cycle

Session 2: Refining the Scaffold (60 minutes)

0-10 min	Primer: Mini-Primer and Introductions
10-20 min	Theory: Chunking Basics
20-30 min	Activity: Chunking Practice
30-40 min	Theory: Mindmapping
40-60 min	Activity: Mindmapping With Group

Session 3: Self-Assessing Knowledge (60 minutes)

0-10 min	Primer: Mini-Primer and Introductions
10-20 min	Theory: Self-Assessment Techniques
20-40 min	Activity: Practice Self-Assessment Techniques
40-50 min	Theory: Spaced Interleaving Retrieval
50-60 min	Activity: Create Your Own Study Plan